

5 TALAABO OO SAHLAN OO KOR LOOGU QAADO CAAFIMAADKA MASKAXDAADA

Waxaa jira talaabooyin kooban oo aad qaadi karto nolol maalmeedkaaga kuwaas oo wax badan ka bedeli kara caafimaadka maskaxdaada caawimi kara hoos u dhigida helista in uu kugu dhaco cudurka hilmaanku (dementia) mustaqbilka. Talaabooyinkaasi waxay kaloo u fiican yihiin caafimaadkaaga guud, waxayna caawimi karaan hoos u dhigida helista aad ugu jirto cudurada kale ee aadka u daran sida sonkorowga, wadna xanuunk, iyo kansarka.

Ilaalinta caafimaadka maskaxdaada waa muhiim da' walba, laakiin aad ayey muhiim u tahay markaad gaarto da'da dhexe (40 ilaa 65 sanadood). **Talaabooyin dhan 5 oo sahlan oo Kor-loogu-qaado Caafimaadka Maskaxdaada** kuwaas oo caawimaya fiyoobida maskaxdaada hoosna u dhigaya khatarta cudurka hilmaanka.

TALAABADA IAAD ILAALI CAAFIMAADKA WADNAHAAGA



Wax kasta oo wadnahaaga u fiican ayaa u fiican maskaxdaada.

Xaalladaha waxyeella wadnaha ama kuwa dhiigga qaada, sida dhiig kar, kolistarool aad u sarreeya, sonkorow, iyo buurnida ayaa siyaadin karta halista in uu kugu dhaco cudurka hilmaanku, khaasatan haddii kuwaasi kugu dhacaan adoo ku jira da'da dhexe.

Waxaad samayn karto

- Samay baaris caafimaad oo joogto ah si aad u ogaato dhiigkarka, koristaroolka, sonkorowga iyo miisaanka jirkaaga. Raac ama qaado talada mihnadlahaaga caafimaadka
- Raadso caawimo si aad u joojiso sigaarka.

TALAABADA 2AAD SAMAY NOOC AH XARAKAAD JIREED (PHYSICAL ACTIVITY)

Inaad tahay, jir ahaan, qof firfircoon waxay siisaa maskaxdaada xoojin.



Xarakaadka jireed oo joogtada ahi waxay siyaadiyaan qulqulka dhiigga ku socda maskaxda wuxuuna ka shaqaysiiyaa koritaanka unugya cusub oo maskaxda iyo isku-xirnaanta u dhexaysa iyaga – unugyadaas.

Inaad firfircoon tahay waxay u fiican tahay wadnahaaga iyo jirkaaga.

Waxaad samayn karto

- Inaad samayso xarakaad jireed waxay dhaantaa in aadan waxba samayn
- Haddii hadda aadan samaynayn wax xarakaad jireed ah, bilaw in aad sidaas samayso, tartiib tartiibna u siyaadi inta aad awoodo. La hadal dhakhtarkaaga ka hor inta aadan samayn jimicsi cusub.
- Gaarsii ugu yaraan 30 daqiiqo jimicsi dhexdhexaad ah badanaana – siday ku fiican- maalin walba ah. Sidaan waxaa loo kala dhexaysiin karaa 10 daqiiqo.

TALAABADA 3AAD GARASHA AHAAN ULA LOOLAMIDA MASKAXDAADA

Waa muhiim inaad ka dhigto maskaxdaada mid firfircoon.

Saynisyahanada ayaa helay xarakaadyo lug ku leh fekerka iyo barashada, kuwaas oo cusub ama loolan (taxadi) la sameeya maskaxda, inay dhisaan unug maskaxeed cusub ayna xoojiyaan isku-xirka u dhexeeya iyaga.

Waxaad samayn karto

- Bilaw isboortis cusub
- Baro luqad cusub
- Yeello waxaad ku madadaalato oo cusub
- Bilaw koorso ku saabsan waxaad mar walba doonayso inaad samayso
- Runtii wax kasta, waase in waxaasi cusub yihiin, qalafsanyihiin, laguna celceliyo.



**TALAABADA 4AAD
CUN CUNTO
CAAFIMAAD LEH**



Waxaad cuntaa waxay saamayn ku yeellan karaan caafimaadka maskaxdaada.

Maskaxdeenu waxay u baahan tahay nafaqooyin kala duwan si ay si wanaagsan ugu shaqayso.

Waxaad samayn karto

Caafimaadka maskaxeed oo wanaagsan, dooro

- Khudaar aad u badan iyo furut
- Saliidaha iyo duhunka caafimaadka qaba [(saliida iyo duhunka aan jirku u bedeli karin kolistarool (polyunsaturated iyo monounsaturated)] sida saliida seytuunka, kanoolada, halkii laga isticmaali lahaa subag ama saliida naarajiinta (duhuna isku-cufan)
- Kalluun
- Caanaha duhunku ku yar yahay (skim) caano, yogarti iyo jiiska
- Hilib baruurta laga saaray

Waxyar ka qaado:

- Caanaha leh duhunka, yoogarta iyo jiiska
- Cuntada la shiilay iyo macmacaanka, cuntooyinka saliida lagu shiilay iyo cuntada meelahaas laga soo qaato (take away) oo lagu sameeyey duhunka isku-cufan
- Burka hilibka ama khudaarta lagu dhex-sameeyo (Pies), bur macmacaan lagu sameeyo (pastries), keega, buskudka iyo rooti wareegsan oo duhun lagu sameeyey (waxyaalla duhun leh)

Haddaad khamra cabto, isku day inaad ku ekayso wax aan ka badnayn 2 cabitaan oo caadi ah maalintii.

**TALAABADA 5NAAD
KU RAAXAYSO DHEXGALKA
BULSHADA**



Inaad waqti ku lumiso saaxiibo iyo qoyska, kuwaas oo la joogistooda aad uga hesho siyaalla ku xiisa geliya, waa u fiican yihiin caafimaadka maskaxdaada.

Ku dhexjirka dad kaleeto wuxuu caawimaa inaad dhisto unugyo maskaxeed oo cusub aadna xoojiso iskuxirka u dhexeeya unugyadaas, ficilkaas oo kaa ilaalin kara in uu kugu dhaco cudurka hilmaanku.

Xarakaadyada kulmiya inaad jir ahaan firfircoon tahay, leedahay dhexgal bulsho, aadna garasho ahaan samaynayso loolan, sida dhaansiga, waxay keenaan faaiida badan.

Waxaad samayn karto

- Xubin ka noqo naadi ama koox bulsho
- Ka mid noqo koox, naadiga buugta, kooxaha wada lugeeya, ama kuwa wada heesa
- Tabaruc u samaynta bulshada agtaada ah
- Qaadashada xiisadaha dhaansiga

MAXAA KALE?



Caafimaadka maskaxda macnaheedu waxa weeye ilaalinta caafimaadka garashada maskaxdaada. Arag mihiadlaha caafimaadka si uu kaaga tala siiyo niyadjabka.

Sidoo kale waa muhiim inaad ka fogaato dhaawaca maskaxda, sidaas xaqiiji inaad xafido ilaali madaxaaga.

MACLUUMAAD INTAAS KA BADAN

Macluumaad intaas ka badan oo caafimaadka maskaxdaada booqo websaytka Alzheimer-ka ee Australia oo ah: www.yourbrainmatters.org.au

Ama wac Khadka Hilmaanka Qaranka oo ah **1800 100 500**



Caawimada luqada wac Adeega Tarjumida iyo Afcelinta Telefoonka oo ah **131 450**

5 SIMPLE STEPS TO MAXIMISE YOUR BRAIN HEALTH

There are small steps that you can take in your everyday life that will make a real difference to the health of your brain and help reduce your risk of developing dementia later in life. These steps are also good for your general health, and can help lower your risk of other chronic diseases like diabetes, heart disease and cancer.

Looking after the health of your brain is important at any age, but it is particularly important once you reach middle age (around 40 to 65 years of age). The **5 Simple Steps to Maximise Your Brain Health** will help you keep your brain healthy and lower your risk of dementia.

STEP 1 LOOK AFTER YOUR HEART



What is good for your heart is good for your brain.

Conditions that affect the heart or blood vessels, such as high blood pressure, high cholesterol, diabetes and obesity, can increase the risk of developing dementia, especially if these occur at middle age.

What you can do

- Have regular health checks to check your blood pressure, cholesterol, blood sugar and weight. Follow the advice of your health professional
- Seek help to quit smoking.

STEP 2 DO SOME KIND OF PHYSICAL ACTIVITY

Being physically active gives our brains a healthy boost.



Regular physical activity increases blood flow to the brain and stimulates the growth of new brain cells and the connections between them.

Being active is also good for your heart and body.

What you can do

- Doing any physical activity is better than doing none
- If you are currently not doing any physical activity, start by doing some, and gradually increase the amount you do. Speak to your doctor before you start any new exercise routine
- Build up to at least 30 minutes of moderate-intensity activity on most – preferably all – days. This can be done in 10 minute blocks.

STEP 3 MENTALLY CHALLENGE YOUR BRAIN

It is important to keep your brain active.

Scientists have found activities that involve thinking and learning, that are new or challenge the brain, help to build new brain cells and strengthen the connections between them.

What you can do

- Take up a new sport
- Learn a new language
- Have a go at a new hobby
- Start a course in something you've always wanted to do
- Anything really, as long as it's new, complex, and done often.



STEP 4 FOLLOW A HEALTHY DIET



What you eat can affect your brain health.

Our brain needs a variety of nutrients to function properly.

What you can do

For good brain health, choose:

- Lots of vegetables and some fruit
- Healthy fats and oils (polyunsaturated and monounsaturated fats), such as olive oil, canola oil, instead of butter or coconut and palm oil (saturated fats)
- Fish
- Low-fat or fat-free (skim) milk, yoghurt and cheese
- Lean or low fat cuts of meat.

Eat less:

- Full fat milk, yoghurt and cheese
- Fried food and desserts, deep fried foods and takeaway food (high in saturated fats)
- Pies, pastries, cakes, biscuits and buns (trans fats).

If you drink alcohol, try and limit it to no more than 2 'standard' drinks on any day.

STEP 5 ENJOY SOCIAL ACTIVITY



Spending time with friends and family, or people whose company you enjoy, in ways that interest you, is good for our brain health.

Mixing with other people helps to build new brain cells and strengthen the connections between them, which can protect you against dementia.

Activities that combine being physically active, social interaction, and are mentally challenging, such as dancing, provide even greater benefit.

What you can do

- Be part of a club or social group
- Join a team, book club, walking group, or choir
- Volunteer in your local community
- Take up dance classes.

WHAT ELSE?



Brain health also means looking after your mental health. See your health professional for advice on treating depression.

It's also important to avoid serious head injury, so be sure to protect your head.

FURTHER INFORMATION

For more information on living a brain healthy lifestyle visit Alzheimer's Australia's yourbrainmatters.org.au Or call the National Dementia Helpline

1800 100 500



Interpreter

For language assistance phone the Translating and Interpreting Service on **131 450**